



“ Not until I started counting my steps I realized I wasn't moving much. Now for my breaks I walk and explore my surroundings. It's nice to get some fresh air during work hours. Looking forward to join more competitions soon. ”



“ Due to healthier U and listening to my body, I have gone from not being able to walk much due to nerve damage from surgeries to walking around the Capital a couple times a day and flying up and down the stairs with ease. I now feel that I can really enjoy my life again! ”



“ The resources are excellent. The competition standings are fun to watch. It is nice to be on a team where we can all discuss different things about what we are doing. ”



“ I have been wanting to work on strength for the past three years as I am getting older and losing muscle. This challenge has given me a team to work with and do what I would not do on my own. I am grateful for the support. ”



“ We in the office are a lot more active and feel better over all. One of our group has lost over 14 lbs and now gets up at least 1 time per hour to do the 250 step walk. ”



“ I really like how fun it is and how super interactive it is! And I can sync with my new Fitbit. Looking forward to more. Very inspired to start making health lifestyle changes. ”

“ It has increased conversation among my team members to be mindful of the importance to be healthier. ”

